



Spinach & Feta Breakfast Tacos

Tacos are a great way to start your day right with a serving of vegetables. They're also a great way to use up leftovers. Corn tortillas are also a great whole grain, gluten-free option!

<u>U.S.</u>		<u>Metric</u>
1 tsp	Olive Oil	5 mL
1/4 each	Onion, julienned	1/4 each
1/2 each	Red Bell Pepper, julienned	1/2 each
5 large	Eggs	6 large
1 tsp	Fresh Oregano, Thyme, or Parsley, chopped	1.2 g
1/8 tsp	Salt, Kosher	0.75 g
to taste	Black Pepper, ground	to taste
1 cup	Spinach, washed, chopped	30 g
1 Tbsp	Feta Cheese, crumbled	7 g
4 each	Corn Tortillas	4 each
2 Tbsp	Salsa (optional)	32 g

Preparation:

1. Gather all ingredients and equipment.
2. Place a medium sauté pan hot over medium heat on the stove. Once hot, add the oil.
3. Once the oil is hot, add the onion and cook for about 5 minutes until it begins to brown and caramelize, stirring every minute or so. If getting too dark or burnt around the edges, turn the heat down.
4. Once the onion begins to brown, add the red pepper. Cook, stirring frequently, until the pepper begins to soften, about 3 more minutes.
5. While cooking the pepper and onion, break the eggs in a bowl and mix together with a whisk or fork until lightly frothy.
6. Mix the fresh herbs, salt, pepper and spinach into the egg.
7. Use a spatula. If egg is turning brown, turn down heat. Do not over-stir, as this will result in a non-fluffy egg.
8. Once egg is almost cooked through (not runny), turn off the heat. Sprinkle the cheese over the top of the eggs and vegetables, cover with lid or foil and let sit for about 1 minute to melt.
9. While the cheese is melting, warm the tortillas.
10. Distribute the filling amongst the 4 taco shells and enjoy immediately. You may choose to top with salsa.

****Nutrition Facts on Reverse**

Nutrition Facts

2 Servings

Serving size **2 tacos**

Amount per serving

Calories **340**

Calories from Fat 140

Total Fat 16 g

 Saturated Fat 4.5 g

 Trans Fat 0 g

 Monounsaturated Fat 7 g

Cholesterol 465 mg

Sodium 280 mg

Total Carbohydrate 30 g

 Dietary Fiber 4 g

 Total Sugars 3 g

 Includes ___g Added Sugars

Protein 20 g

Vitamin D 0 %

Calcium 20 %

Iron 20 %

Potassium 423 mg

Phosphorus 430 mg